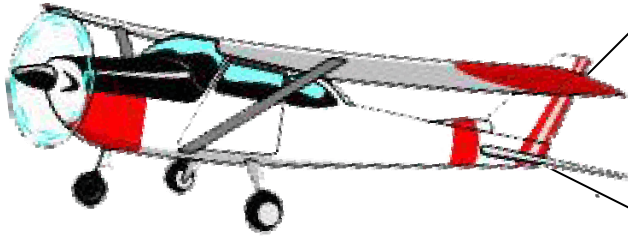
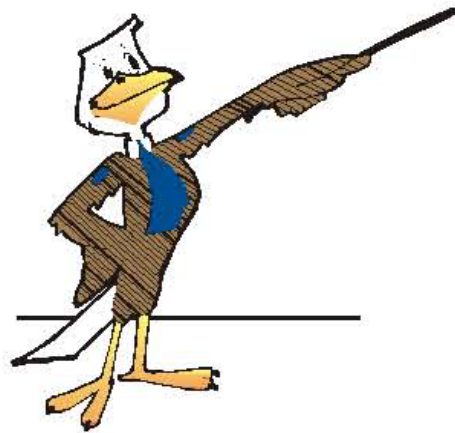


An Activity Book by the



Fly High on Life,
Not on Drugs!

Civil Air Patrol Drug Demand Reduction Program



Better things to do than drugs!

What is Drug Demand Reduction (DDR)?

Civil Air Patrol Drug Demand Reduction Vision

To be a leading force in America's drug demand reduction strategy through the development of tomorrow's leaders in volunteer community service for a drug-free world.

Civil Air Patrol Drug Demand Reduction Mission Statement

The Civil Air Patrol Drug Demand Reduction program assists squadrons, groups, wings, and regions to instill an aggressive, positive, drug-free attitude in Civil Air Patrol members, Air Force families, Department of Defense civilians, and school-age children through a comprehensive program that:

- Promotes CAP as a positive community service lifestyle.
- Encourages youth to remain in school.
- Focuses on drug abuse education, prevention and awareness.
- Provides positive activities as an alternative to drugs and gang violence.



A Message from Cadet Ken and Cappy



As you grow, it is important to make healthy choices. Eating right and playing outside with your friends are two of many ways you can keep your body healthy and strong. Another way is to understand about drugs and only use them the right way.

Medications are drugs that can help you, as long as they are given to you by a doctor or your parents. But there are other, illegal drugs that should never be used because they can hurt your mind and body. Say “No!” if anyone tried to give you drugs and tell your parents or another adult immediately!



Do your best to stay healthy and remember,
“Say No To Drugs!”

Why Drug Demand Reduction?



Enrique Camarena (1943-1985)

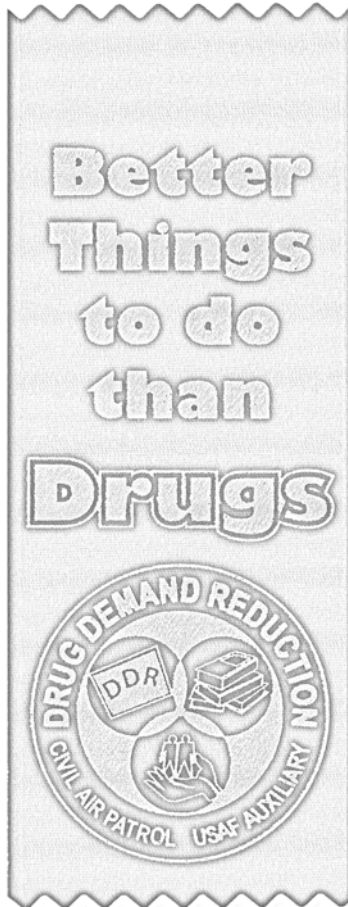
It was February 7, 1985, at 2:00 p.m.—a warm winter afternoon in Guadalajara, Mexico, when U.S. Drug Enforcement Administration (DEA) agent Enrique (Kiki) Camarena locked his badge and revolver in his desk drawer and left to meet his wife for lunch. Kiki unsuspectingly crossed the street to his pickup truck. While unlocking the doors to his vehicle, he was grabbed by five men who shoved him into a beige Volkswagen. One month later, his body was discovered in a shallow grave. Kiki and his informant, Alfredo Zavala Avelar, were savagely murdered.

Kiki joined the DEA in 1974 and asked to be transferred to Guadalajara, Mexico, the center of the drug trafficking empire. While investigating a multi-billion dollar drug scam, he confiscated thousands of pounds of cocaine, and hundreds of thousands of pounds of marijuana. He suspected the drug scam involved officers in the Mexican army, police and government. Kiki was a believer that one person CAN make a difference and he sacrificed his life to prevent drugs from entering the United States.

In 1985, the National Federation of Parents for Drug Free Youth joined with DEA and implemented a Red Ribbon campaign that spread to places as far away as Europe. The National Red Ribbon Week is celebrated every year October 23-31, and is dedicated to Kiki Camarena and all of the people who have been wrongly killed due to the violence of drugs.

Since then, millions of Americans have gotten involved in, and been touched by, the Red Ribbon Campaign efforts. No other single drug prevention movement has had such an impact on so many lives.

Do you know about Red Ribbon Week?



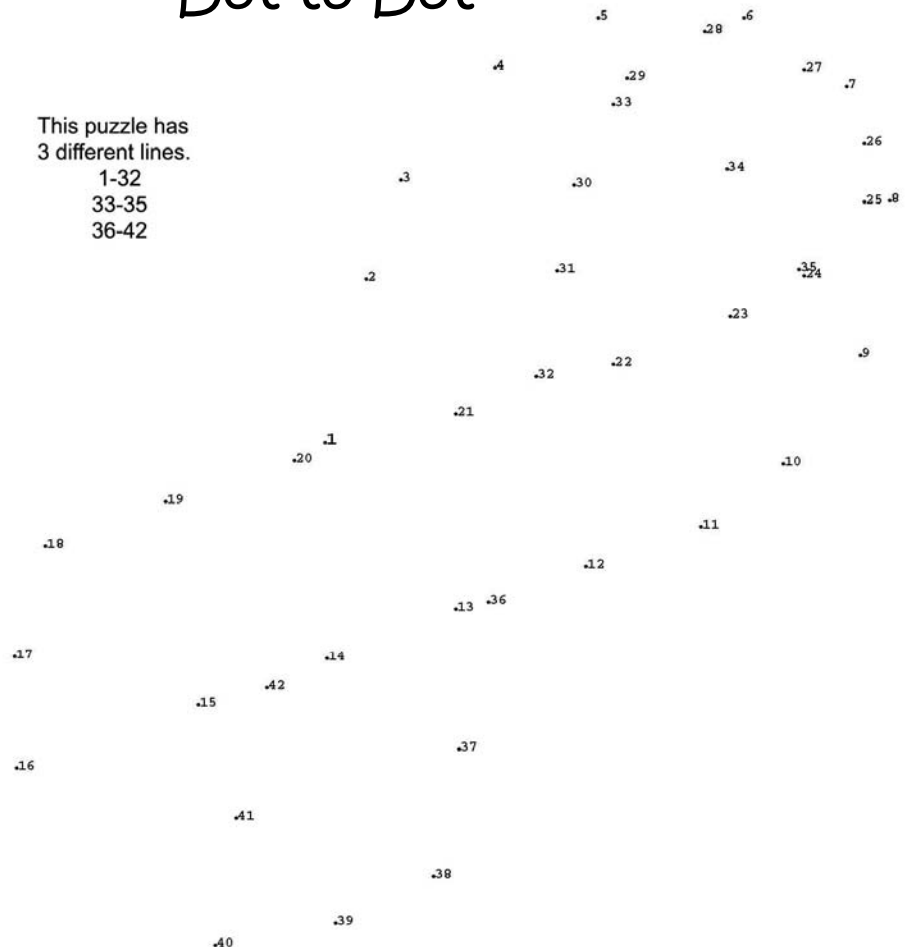
There are a lot of different ways to celebrate Red Ribbon Week. With the help of an adult you can

- hand out ribbons at school
- organize a community day
- talk to your friends and neighbors about the hazards of drugs and alcohol
- come up with your own activities!

Dot-to-Dot

This puzzle has
3 different lines.

1-32
33-35
36-42





How many words can you get out of

PREVENTION

Drug Prevention Word Search



Can you help Cappy find these hidden words?

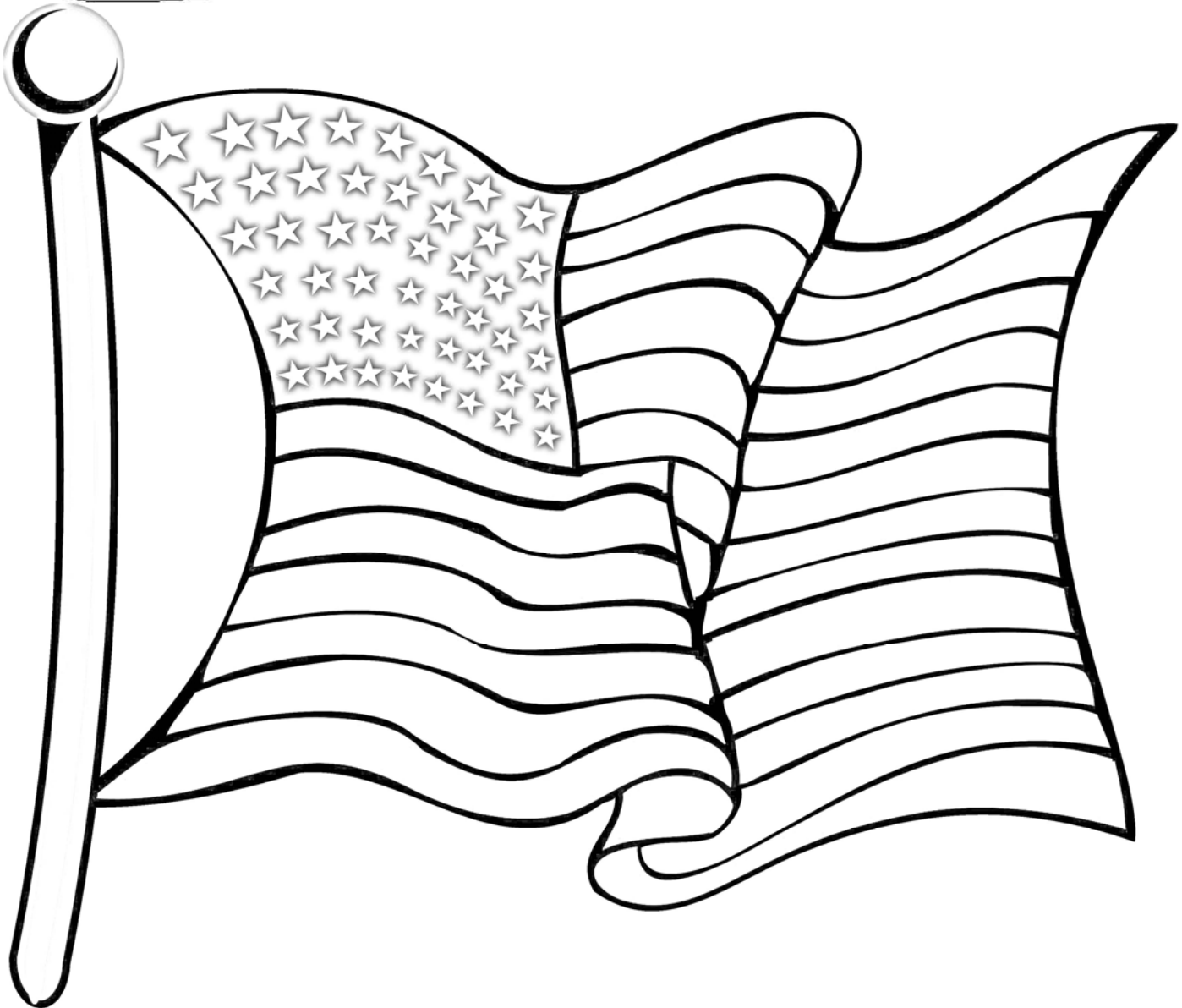
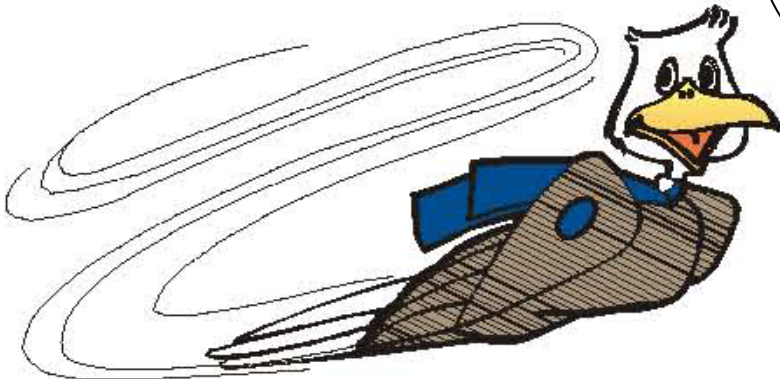


Drugs
Dealer
Say No
Bad
Friend

Don't
Parent
Airplane
Cappy
Doctor

Smoking
Cadet
Teacher
Drinking
Ken

You can help
America stay
DRUG FREE!



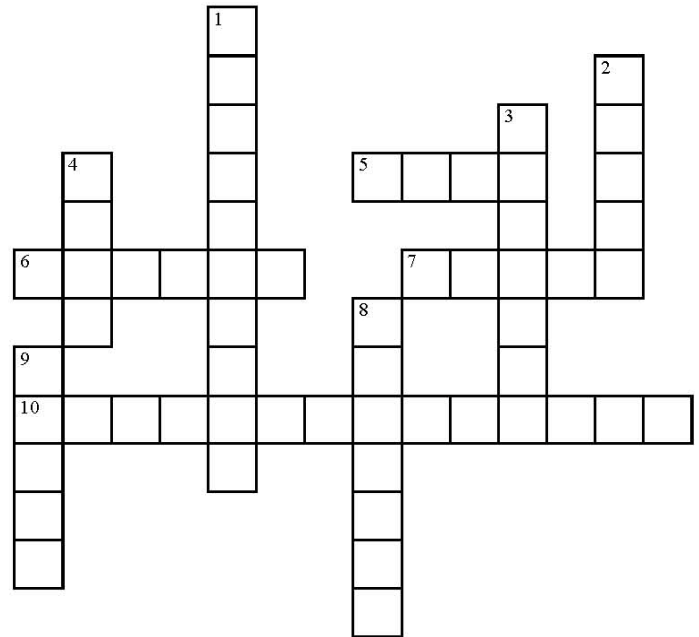
What do you choose?

ACROSS

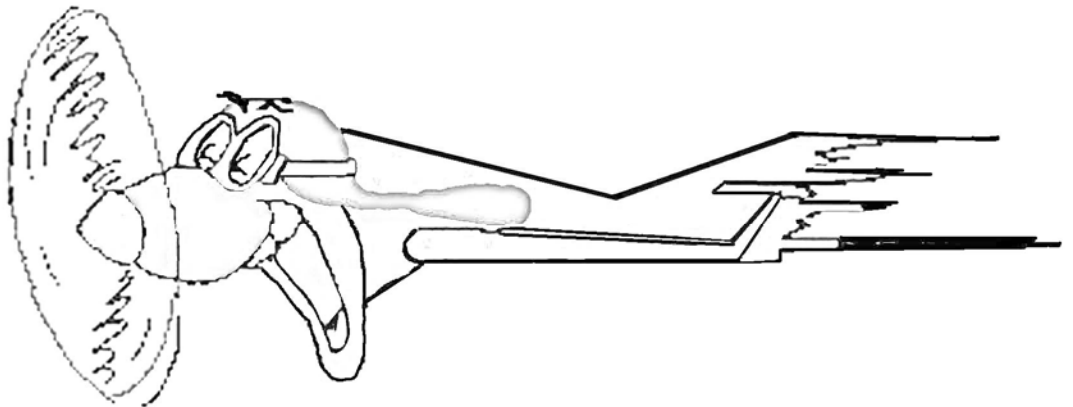
- 5** Where you will go if you get caught abusing drugs and alcohol.
6 Showing concern for a family member or friend
7 What people do with cigarettes and other drugs.
10 You should always take _____ for the decisions you make.

DOWN

- 1** The goal of anti-drug programs like Drug Demand Reduction.
2 Something you should never do after drinking.
3 A type of drink that is bad for you.
4 Going outside with friends to _____ is a good alternative to doing drugs.
8 People you can trust to be there for you at all times.
9 Chemicals that make changes in your body.



*Fly high on life,
not on drugs!!*



Hidden Picture Find



Can you find these items hidden in the picture?

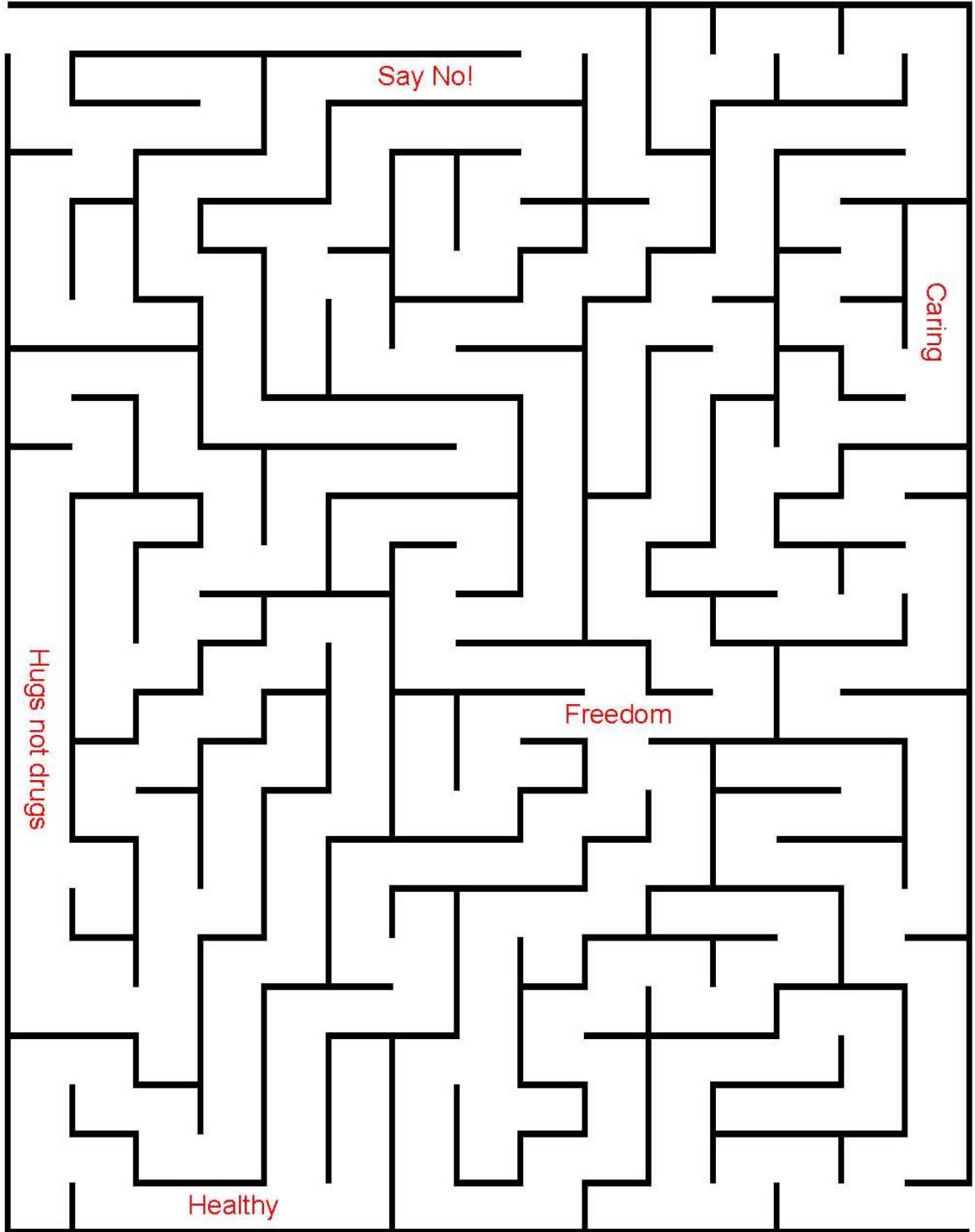
- American flag
- Bald eagle
- Civil Air Patrol
- DDR logo
- Happy airplane
- Pencil
- Space shuttle
- Spiral binder
- Rocket
- Walkie talkie



I see one!
Can you find
it too?



Life is aMAZEing being
drug free!



Having a smoke is no joke!

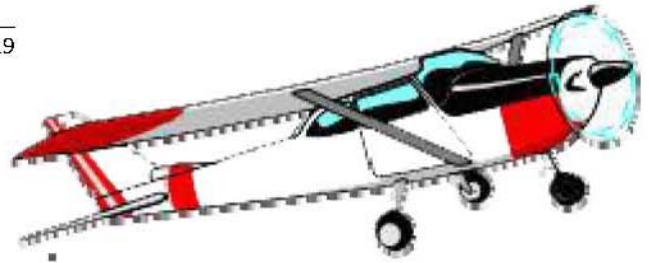


Decode this message from Cadet Ken


3 4 8 19 8 1 19 8 7 8 3 3 8 19

3 4 2 6 25 0 3 9 23 9

3 4 1 6 23 19 18 25 0 !!!



Solve the math problems below to find out what letters to put in each blank.

$1 + 0 = A$	$20 + 5 = G$	$10 + 5 = M$	$0 + 0 = S$	$10 + 2 = Y$
$2 + 5 = B$	$3 + 1 = H$	$2 + 4 = N$	$2 + 1 = T$	$10 + 10 = Z$
$0 + 5 = C$	$2 + 0 = I$	$5 + 4 = O$	$10 + 8 = U$	
$10 + 13 = D$	$7 + 7 = J$	$8 + 8 = P$	$11 + 11 = V$	
$2 + 6 = E$	$20 + 1 = K$	$10 + 1 = Q$	$10 + 7 = W$	
$6 + 7 = F$	$5 + 5 = L$	$10 + 9 = R$	$12 + 12 = X$	



Make as many different words as you can
using the letters from the word **BRAIN**

These cadets want to be drug free.
How about you?

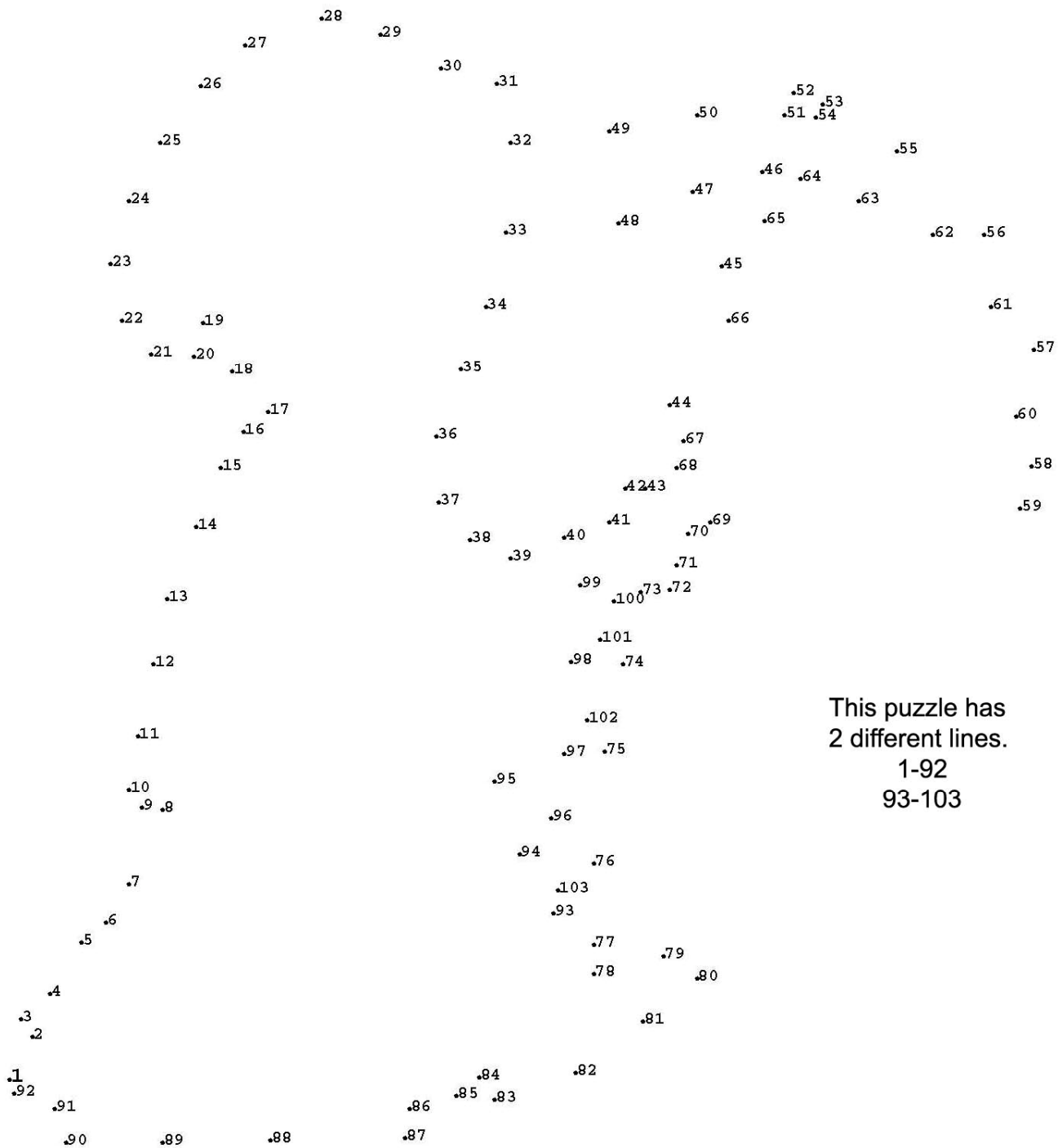


Do you want to join
them?
**DRAW YOURSELF
HERE!**



You are too smart to start on drugs. List two things you would say to someone who tried to give you illegal drugs.

Don't let this guy come to you!
Stay away from drugs!

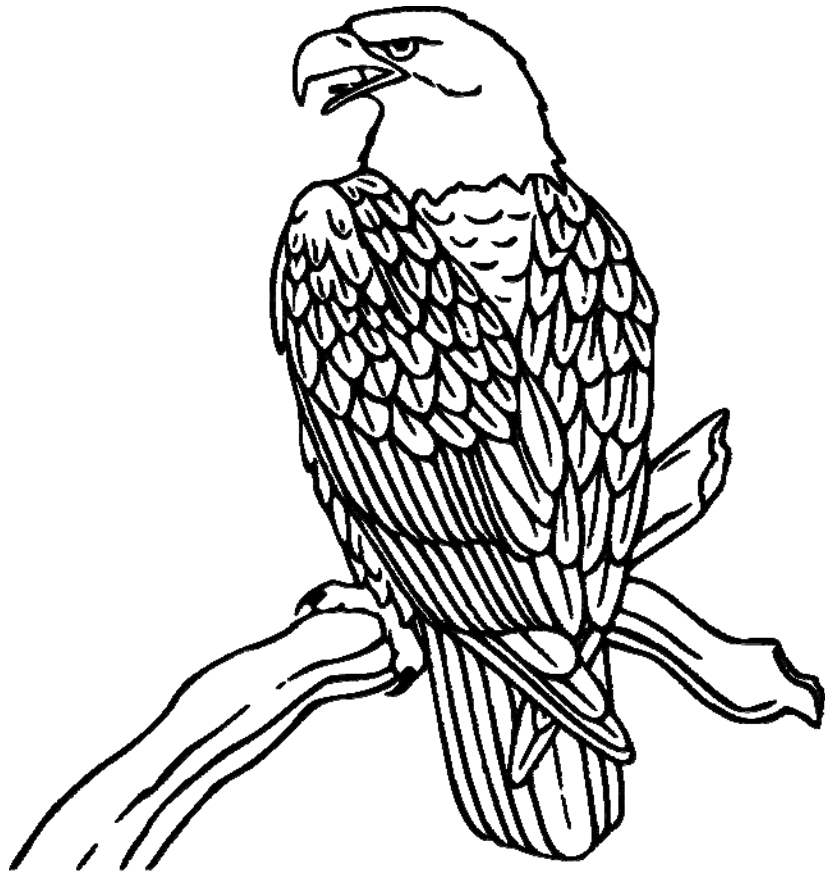


This puzzle has
2 different lines.

1-92

93-103

The Bald Eagle and
the American Flag
are both symbols of
freedom.



Can we count
on you to be
drug free?



Lots of Alternatives

There are many other things you can do with your friends besides drugs. Match the outdoor activity on the left with the tool that activity uses on the right.

CAMPING

SAFETY HARNESS

BOATING

SADDLE

SURFING

OARS

BASEBALL

TENT

CANOEING

GOALS

ROCK CLIMBING

COMPASS

HIKING

BAT

SOCCER

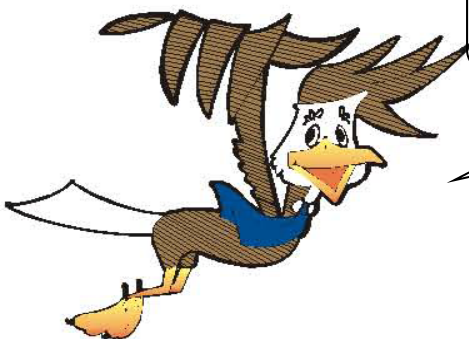
LIFE JACKETS

ORIENTEERING

SURF BOARD

HORSEBACK RIDING

WALKING STICK



All of these activities sound really fun! What other activities can you think of that would be fun for you and your friends to do?

Top Secret Fun

Cappy just sent you a top secret text message! Decode it using the key below.



W I F T H P R O O W I V Z N H

B L F I U F G F I V H S L F O W

Y V W I F T U I V V

<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>	<u>E</u>	<u>F</u>	<u>G</u>	<u>H</u>	<u>I</u>	<u>J</u>	<u>K</u>	<u>L</u>	<u>M</u>
Z	Y	X	W	V	U	T	S	R	Q	P	O	N

<u>N</u>	<u>O</u>	<u>P</u>	<u>Q</u>	<u>R</u>	<u>S</u>	<u>T</u>	<u>U</u>	<u>V</u>	<u>W</u>	<u>X</u>	<u>Y</u>	<u>Z</u>
M	L	K	J	I	H	G	F	E	D	C	B	A

Cross Country Travel

The DDR Truck is making it's way across the country, but it seems to have been decorated with many things that do not belong. Can you find these items on the side that seem out of place?

Astronaut

Boy with skateboard

Basketball

Cadet Ken

Flight Case

Headphones

Hockey stick

Paper clip

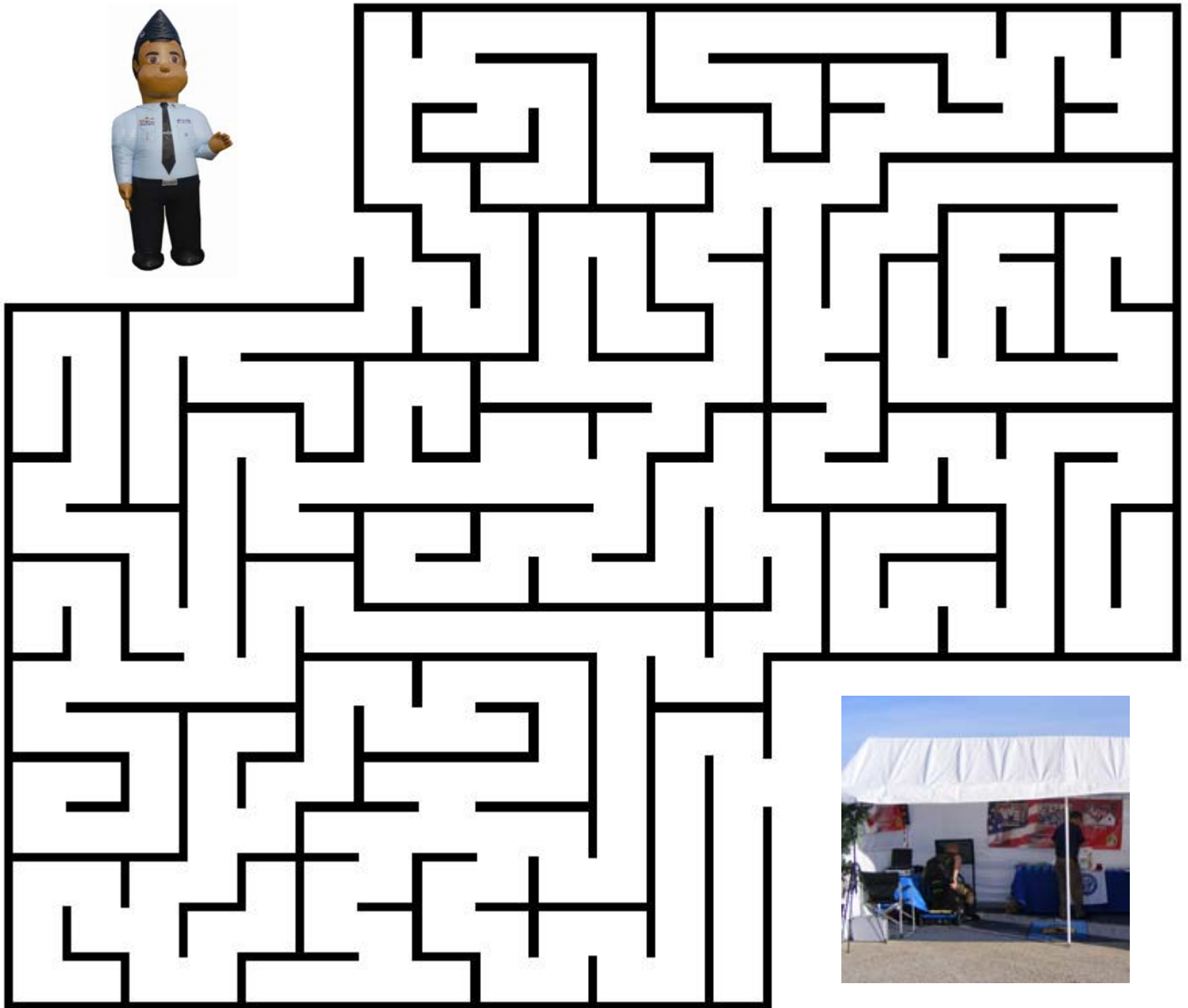
Pen

Pilot wings

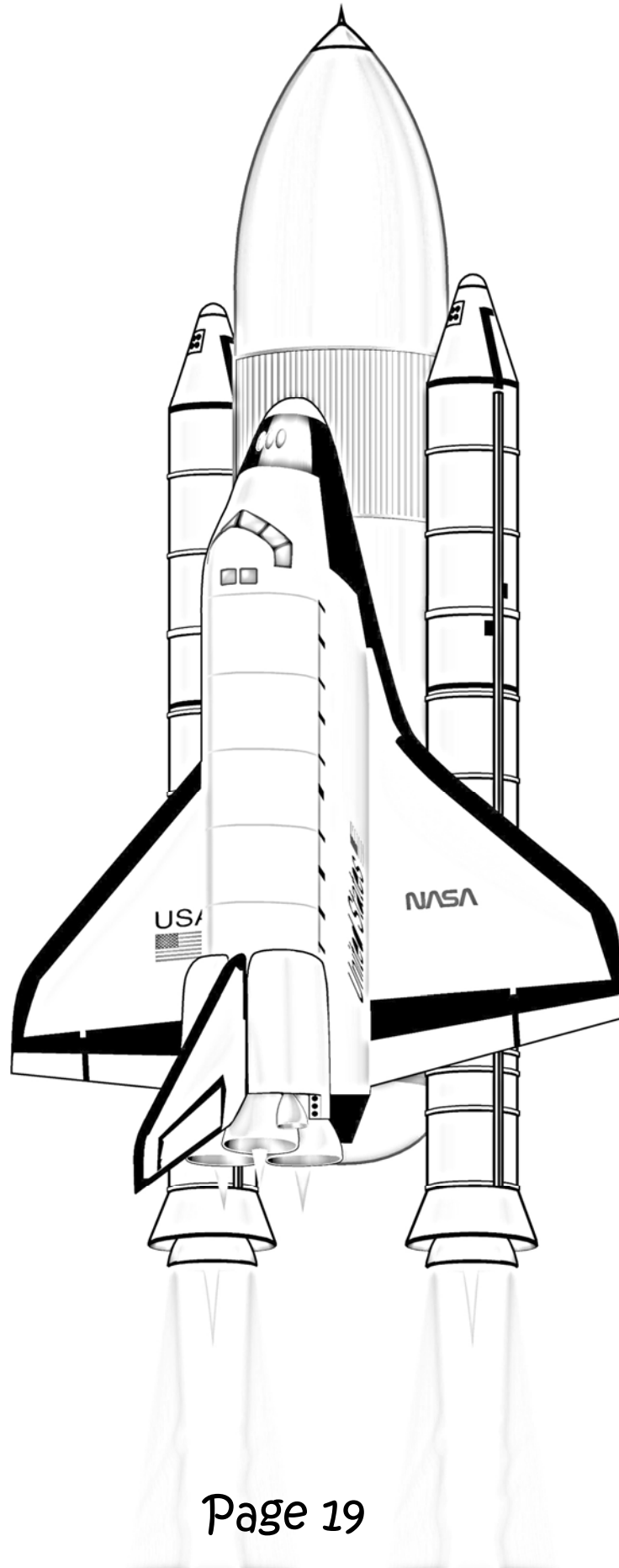


Search and Rescue

Oh no! Cadet Ken is lost! Can you help him make his way back to the DDR booth?



Follow your dreams!



Activity Answer Key

Words from **Prevention** (page 4)

(There may be more than are in this list. Check with your parent or teacher if you have a word that isn't on this list.)

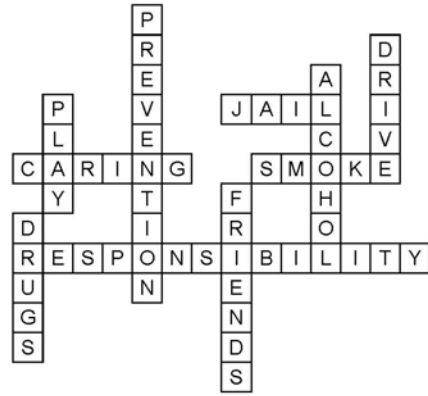
in	ore	ton	pert	torn	never	orient
it	pen	top	pier	tree	overt	proven
no	per	vet	pine	trio	pinto	reopen
on	pet	vie	pint	trip	pivot	repent
or	pie	even	poet	veer	point	revote
to	pin	ever	pore	vein	preen	pioneer
eon	pit	into	port	vent	print	prevent
ere	pot	iron	rein	veto	prone	protein
eve	pro	neon	rent	vine	prove	
inn	rep	nine	riot	vote	rivet	
ion	rip	none	ripe	enter	toner	
ire	roe	nope	rite	event	trope	
net	rot	note	rope	evert	viper	
nip	tee	open	rove	inept	voter	
nit	ten	oven	teen	inert	entire	
nor	tie	over	tier	inner	intern	
not	tin	peer	tire	inter	invent	
one	tip	pent	tone	intro	invert	
opt	toe	peon	tore	nerve	opener	

Dot-to-Dot (page 5)

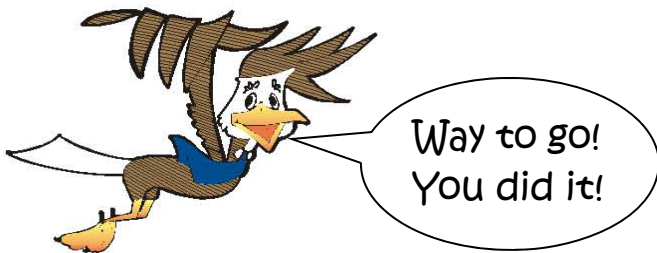
Ribbon



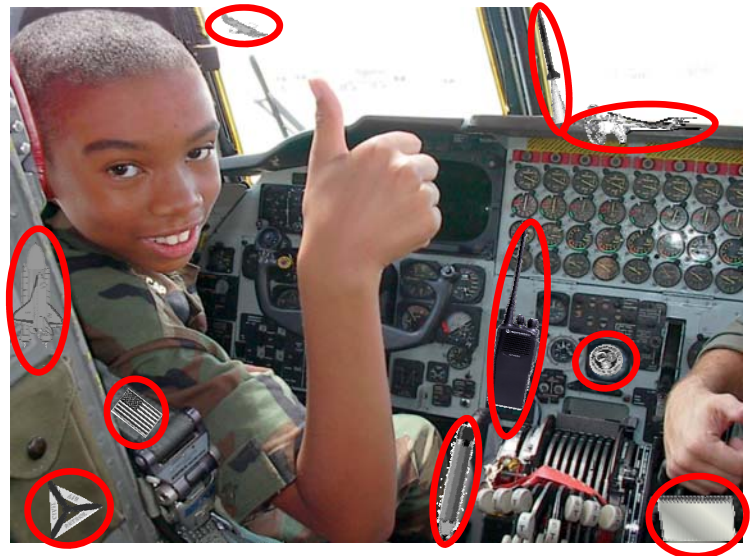
“What do you Choose?” Word Search (page 8)



Drug Prevention Word Search (page 6)

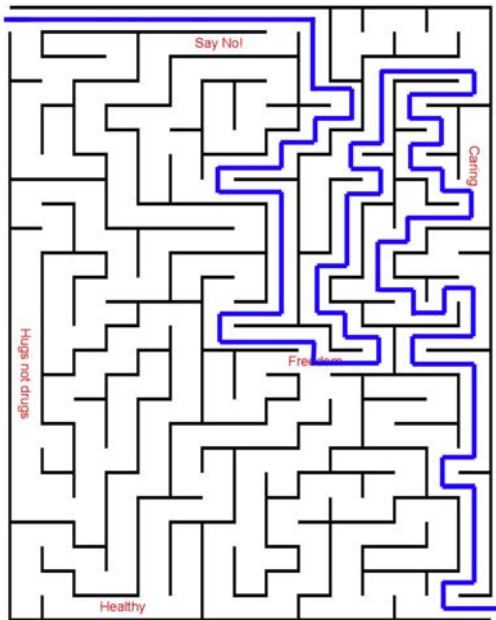


Hidden Picture Find (page 9)



Activity Answer Key Continued

"Life is aMAZEing" (page 10)



Words from **Brain** (page 12)
(There may be more than are in this list. Check with your teacher if you have a word that isn't on this list.)

an	nib
in	ran
air	rib
ban	barn
bar	bran
bin	rain

Dot-to-Dot (page 14)
Grim Reaper



Cadet Ken's Message (page 12)

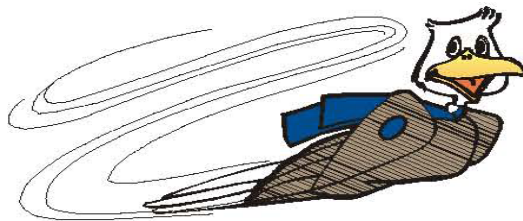
THERE ARE BETTER THINGS
TO DO THAN DRUGS!!!

Lots of Alternatives (page 16)

CAMPING	SAFETY HARNESS
BOATING	SADDLE
SURFING	OARS
BASEBALL	TENT
CANOEING	GOALS
ROCK CLIMBING	COMPASS
HIKING	BAT
SOCCER	LIFE JACKETS
ORIENTEERING	SURF BOARD
HORSEBACK RIDING	WALKING STICK

Top Secret Fun (page 17)

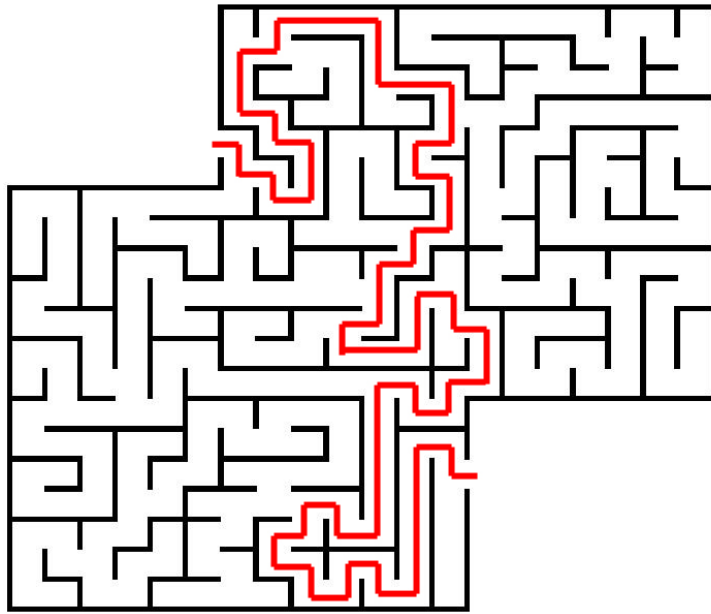
DRUGS KILL DREAMS. YOUR
FUTURE SHOULD BE DRUG FREE!



Cross Country Travel (page 17)



Activity Answer Key Continued, Again



Search and Rescue (page 18)



Thanks for
helping me find
my way!

CAP DDR Contact Information

If you would like Civil Air Patrol's Drug Demand Reduction Program to assist you in educating youth and adults in Drug Awareness and Prevention you can contact:

Mr. Mike Simpkins – Chief of the Drug Demand Reduction Program
877-227-9142 ext. 413
msimpkins@capnhq.gov

Mrs. Margaret Probst – Administrative Assistant for Drug Demand Reduction Program
877-227-9142 ext. 412
mprobst@capnhq.gov

Lt Col Jett Mayhew – National Headquarters Volunteer Team Leader
301-717-4015
jettm14@aol.com

Also please visit our website for a list of other resources and lesson plans at:
http://www.capmembers.com/drug_demand_reduction/training__resources/lesson_plans/index.cfm

We have representatives around the nation ready to assist you.

LESSON PLAN FOR CAP PAPER AIRPLANE

Objective: To present the four forces of flight and experiment with airplane control surfaces through the use of a paper airplane.

National Science Content Standards:
(Source: National Research Council)
Science as Inquiry

- Abilities necessary to do scientific inquiry
- Understanding about scientific inquiry

Physical Science

- Motions and forces

Science and Technology

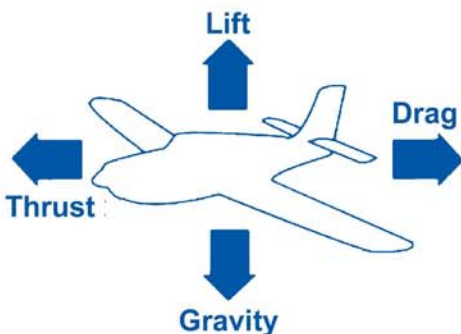
- Abilities of technological design

Unifying Concepts and Processes

- Evidence, models and explanations
- Form and function

Background Information:

There are four forces acting on an airplane in flight: lift, gravity, thrust, and drag. A force is a push or a pull, and the four forces of flight affect the direction and motion of the airplane.



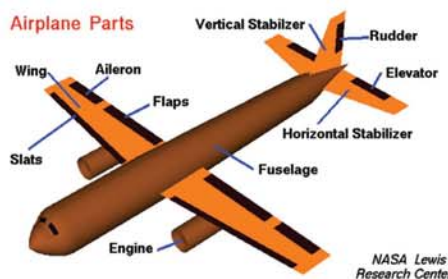
1. **Lift** is the force that holds an airplane in the air. The wings create most of the lift due to the wing's special shape and how air flows over the wing. The slower air moving under the wing creates a higher pressure which helps push the wing up.
2. **Gravity** is the force that pulls everything toward the ground. This "pulling down force" is what causes something to have weight that can be measured on a scale.
3. **Thrust** is a force that moves an object in the direction of the motion. It can be created with a propeller, jet engine, or rocket. With a propeller or jet engine, air is pulled in and then pushed out in an opposite direction. Throwing an object creates thrust, as well.

4. **Drag** is the force that acts opposite to the direction of motion. Drag, caused by air resistance, slows an airplane.

The way the four forces act on the airplane makes the plane do different things. Each force has an opposite force that works against it. Lift works opposite of gravity. Thrust works opposite of drag. When the forces are balanced, a plane flies in a level direction. The plane goes upward if lift is greater than weight. The plane will go downward if weight is greater than lift. The plane will accelerate forward when thrust is greater than drag. The plane will slow down when drag is greater than thrust.

The airplane has many moveable surfaces that work to control the direction of movement of the airplane.

1. The flaps, on the inside of each wing toward the fuselage (body) of the plane, work to slow the speed of the plane, adding the force of "drag."
2. The ailerons, on the outside end of each wing, work to make the airplane "roll" when one aileron is up and the other is down.
3. The rudder, on the vertical stabilizer, turns the plane left or right.
4. The elevators, located on the rear of the airplane, move, or pitch, the plane upward or downward.



On the paper glider you will be making, some of the parts (which are labeled on the next page) include:

1. The vertical stabilizer at the rear of the plane stabilizes and controls the plane's flight.
2. The two winglets located on the tip of each wing help increase lift and reduce drag.
3. The two "elevons" at the rear of the plane are a combination of the ailerons and elevators.

- a. The elevons act as elevators when turned in the same direction: when both elevons are turned up, the plane moves upward (ascends); when both elevons are turned down, the plane moves downward (descends).
- b. The elevons act as ailerons when one elevon is turned up and the other down, which will make the airplane roll to the left or the right when thrown.

Procedures:

1. Fold the paper plane following the directions on the next page.
2. Experiment with angles of throws, angles of elevons, and amount of thrust to determine how to control the flight.
3. Have contests to determine highest flights, longest flights aloft, best control of direction, and best target mark.

Assessment: Have students identify the forces of flight and the surfaces that cause the plane to change direction by answering these questions.

1. Air flowing over and under the wings creates the force of _____.
2. _____ is the force that pulls the airplane down and is the opposite of lift.
3. The engines provide the force of _____.
4. _____ is the force working to slow the plane's motion.
5. The movable part on the horizontal stabilizer that moves the plane up and down is the _____.
6. A movable part that is "part aileron and part elevator" and allows the plane to roll or move up or down is called the _____.

Answers: 1-lift 2-gravity 3-thrust 4-drag 5-elevator 6-elevon

Additional Resources:

1. Web site with interactive airplane parts and comparison to Wright Brothers airplane can be found at: http://www.nasm.si.edu/wrightbrothers/classroomActivities/k-3_flash.html
2. Web site for additional information on force of flight can be found at: <http://www.grc.nasa.gov/WWW/K-12/airplane/forces.html>

www.gocivilairpatrol.com



BETTER THINGS TO DO THAN DRUGS

BETTER THINGS TO DO THAN DRUGS



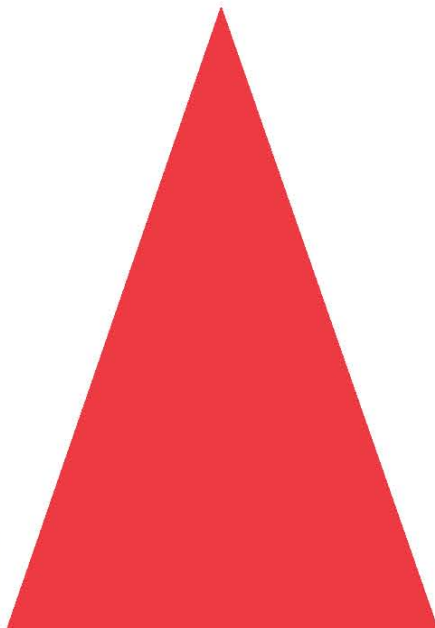
www.gocivilairpatrol.com



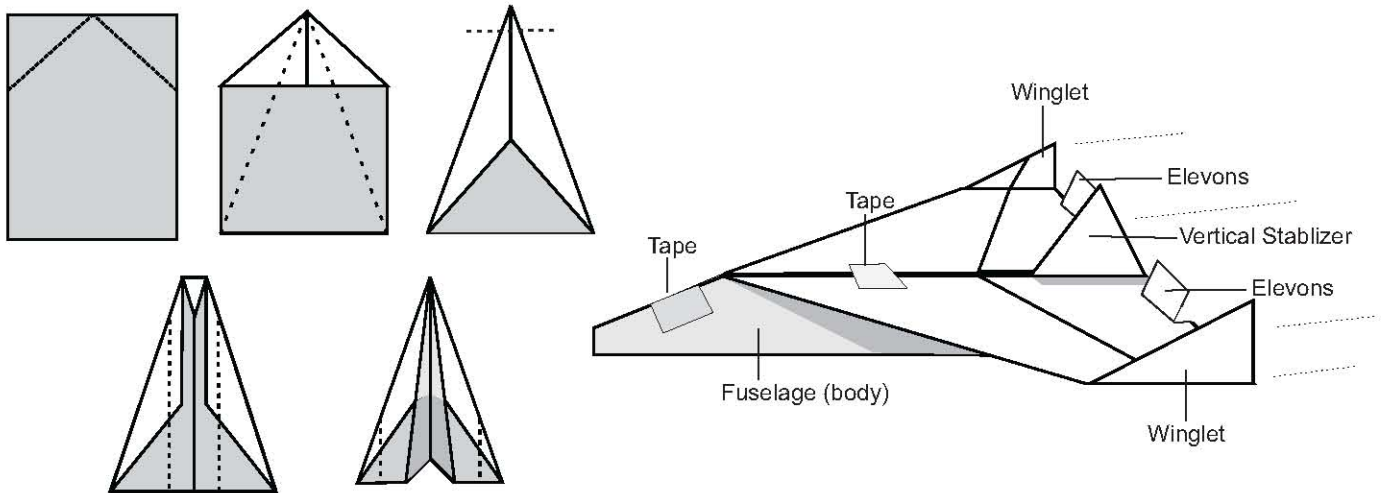
CAP



CAP

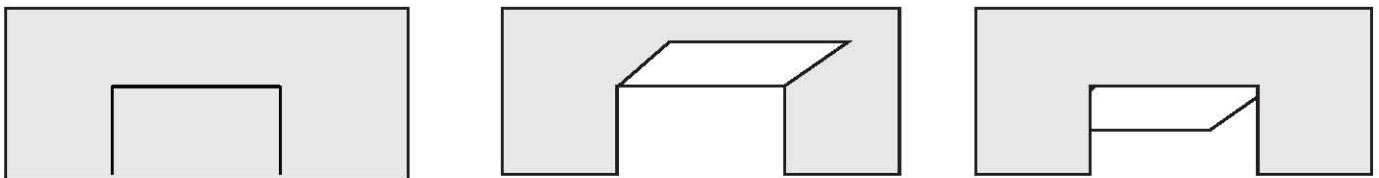


AIRPLANE FOLDING INSTRUCTIONS



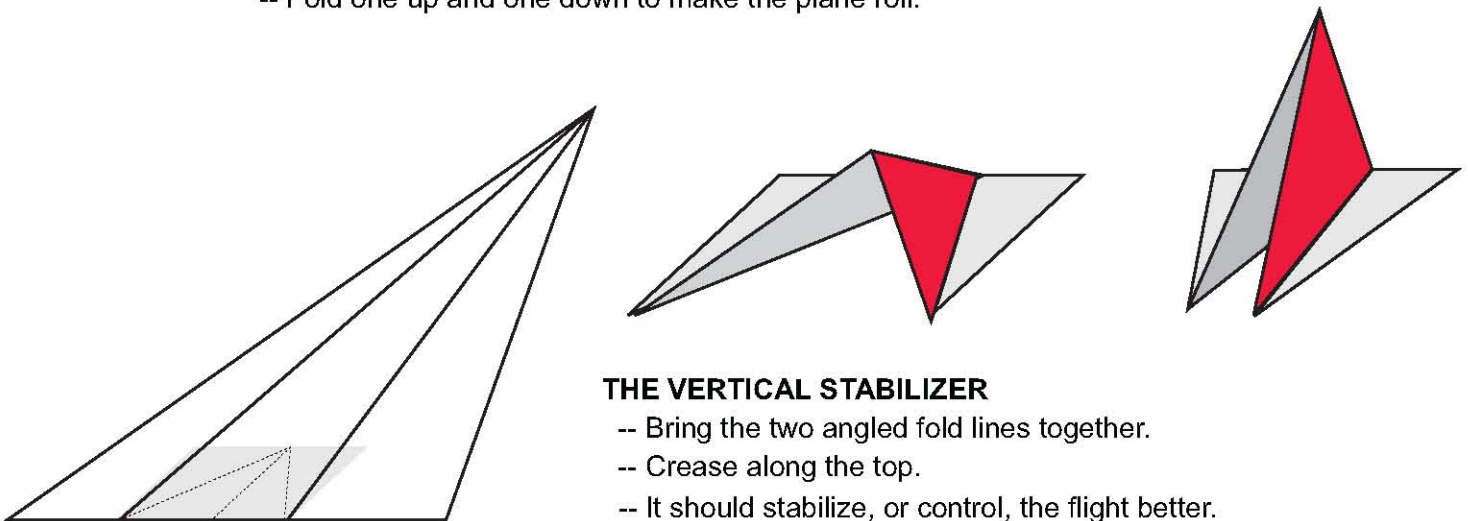
THE PLANE

- Flip the paper over so that the printed fold lines are facing down.
- Fold the top corners along the outside fold lines and crease down. Repeat for the next set of folds.
- Fold the nose back, as shown.
- Fold along the center line so the lines and graphics are on the outside.
- Fold down each wing and fold up the corner flaps.
- Tape together nose, wing and fuselage for optimum performance.
- Throw smoothly.



THE ADJUSTABLE ELEVONS

- Cut on sides, as shown.
- Fold up to make the plane rise...fold down to make the plane drop.
- Fold one up and one down to make the plane roll.



THE VERTICAL STABILIZER

- Bring the two angled fold lines together.
- Crease along the top.
- It should stabilize, or control, the flight better.

Civil Air Patrol Drug Demand Reduction Program

Helping You To Say No

